

Watertown Senior News

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MARCH 2016

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PAGE 1

IRISH CONCERT FEATURING TOM O'CARROLL



Dublin born folklorist, folk-singer and instrumentalist Tom O'Carroll brings a wealth of stories, humor, wit and history to his performances. He has played at concerts, festivals, colleges, libraries and pubs all over the U.S. and Canada, as well as his native Ireland, including a stint for one month in Seoul, South Korea. Whether playing a plaintive air on the tin whistle or singing and playing rousing traditional songs to the accompaniment of the guitar or the bodhrán (Irish drum), Tom will captivate all with his lively program of Irish culture.

WHEN: Wednesday, March 16 **TIME:** 10:00 AM

Pre-registration is required. Call the Center at 617-972-6490 to reserve your seat.

LOCAL LIVING OPTIONS FOR SENIORS

Should you remain at home or move to a new community? David Robinson of Always Best Care will help you decide based on budget, location, and services desired. Come to an informative talk on local living options for seniors.

WHEN: 10:00 a.m.
Wednesday, March 2

WHERE: Watertown Senior Center, 31 Marshall St.

Please pre-register by calling the Center at 617-972-6490.

Inside this issue:

March Movies	2
Floral Arrangement	3
Foxwoods	3
MetroWest Legal	3
Mellowtones	3
Medicare Update	4
Medical Update	6
Book Club	6
IRS Phone Scams	6
CALENDAR	7
Income Taxes	8

PAINTING WITH DAWN SCALTRETO

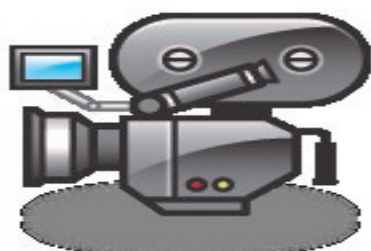
Join us for a fun and relaxing afternoon workshop with Dawn Scaltreto, renowned artist and Watertown Senior Center art instructor. We will be creating "Spring in the Boston Public Garden". All your supplies are provided so bring a friend and enjoy this creative workshop for beginners to experienced painters. Dawn will walk each participant through the process of creating their own Boston scene on stretched canvas. Each artist will leave with a unique 12" x 16" acrylic painting ready for hanging!

When: Tuesday, March 8 **Time:** 11:30 am

Cost: \$25.00

Call the Center to pre-register at 617-972-6490.





March Movie Matinee

Relax and enjoy a movie in our comfortable lounge Thursday afternoons at 1:00 p. m.

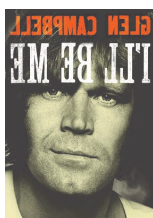


3/3 The Intern - Seventy year-old widower Ben Whitaker, a retired executive, applies to a



senior citizen intern program after retirement has gotten too boring. He applies to About the Fit, a fast-growing fashion company. Jules Ostin, founder and CEO had agreed to the community outreach program where seniors will intern at the firm. Ben impresses everyone and is one of four hired. Cast: Robert De Niro, Anne Hathaway, Rene Russo 2015 121 minutes PG-13

3/10 Glen Campbell: I'll Be Me - This powerful portrait of the life and career of great American music icon Glen Campbell opens to the viewer the world of the singular talent who created hits



like Rhinestone Cowboy, Wichita Lineman and Gentle on My Mind. When Glen was diagnosed with Alzheimer's disease in 2011, he chose to make his condition public. He then began a short "Goodbye Tour," but the three-week engagement turned into an emotional and triumphant 151 show nationwide tour de force. A remarkable musical journey chronicled in this affecting documentary. Cast: Glen Campbell, Bruce

Springsteen, The Edge 2014 PG 104 mins

3/17 A Shine of Rainbows - A truly inspiring story of an ordinary family's extraordinary journey. An orphaned boy named Tomás is adopted by Maire to live on a whimsical Irish isle filled with new friends, secret caves, and a lost baby pup seal. But when Maire's reluctant husband Alec refuses to accept Tomás as his own son, the boy drifts down a fateful path of adventure and self-discovery, illuminating how rainbows can shine around--and within--us all. Cast: Connie Nelson, Aidan Quinn, John Bell 2011 111 mins PG



3/24 Bridge of Spies - In 1957, James B. Donovan is recruited from his law firm to defend accused Soviet spy Rudolf Abel, who is convicted, but sentenced to prison instead of execution in case they want to swap him in the future. Just such a scenario comes into play when in 1960 U-2 spy pilot Francis Gary Powers is shot down over Soviet territory and taken prisoner. Donovan is again recruited to act as the intermediary and negotiate swapping Able for the American



requiring him to travel to East Berlin crossing the newly built Berlin Wall. Cast: Tom Hanks, Mark Rylance, Amy Ryan 2015 141 mins PG-13

3/31 Spies Like Us - Two bumbling government employees are chosen from a CIA recruitment program. They end up in Afghanistan, chased by Russians, where they learn they are being used as decoys to draw out the Soviet defenses. Two real spies are sent in. Their mission is to hijack a Soviet missile launcher, launch the Soviet missile, and test the new U.S. orbital defense laser. Cast: Chevy Chase, Dan Aykroyd, Steve Forest 1985 102 mins PG



4/7 Black Mass - John Connolly and James "Whitey" Bulger grew up together on the streets of South Boston. Decades later, in the late 1970s, they would meet again. By then, Connolly was a major figure in the FBI's Boston office and Whitey had become godfather of the Irish Mob. What happened between them - a dirty deal to trade secrets and take down Boston's Italian Mafia in the process. Cast: Johnny Depp, Benedict Cumberbatch, Dakota Johnson 2016 123 mins R



Don't forget - March 13**MetroWest Legal**

An attorney from Metrowest Legal Services will offer office hours at the Watertown Senior Center on Friday, March 18 from 10:00 a.m. to 12:00

Appointments are required. Call the Senior Center at 617-972-6490 to schedule a time.

FLORAL ARRANGEMENT WORKSHOP

Come join us as Ernie Berardinelli shows us how to decorate a beautiful flower arrangement to welcome Spring or for the holidays. No experience is needed! We will have all the supplies available for you add your own personal touches to the design.



The cost for this program is 20.00.

WHEN: 10:00 Wednesday, March 23

WHERE: Watertown Senior Center

Please pre-register by calling 617-972-6490.

The Senior Center will close at 1:00 pm on Good Friday, March 25

SING... JUST FOR THE FUN OF IT!

The Mellowtones are coming back to sing!



The Spring session will be starting Friday, March 18th. The Mellowtones get together each week at 12:30 pm to sing for the fun of it, and entertain us at our parties! Members do not have to read music and *New Members Are Always Welcome!*

Join us here at the Senior Center - 31 Marshall St.

A \$2.00 donation is requested.

**Join The Watertown Seniors As They Try Their Luck At Foxwoods!**

WHEN: Thursday, April 21st

LEAVE: 8:00 AM

RETURN: 6:30 PM

COST: \$25.00 which includes a \$15.00 bonus slot play (bonus swiped directly onto Wampum Card - if you don't have one a temporary card will be issued), a \$10.00 food coupon, which may be used for the Grand Buffet, and the bus driver's tip. Sign-up and pay at the Watertown Senior Center, 31 Marshall St. or call us at 617-972-6490 for more information.

(Sign up early to make sure this trip runs.)



SHINE

How Does Medicare Cover Vaccines?

Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost. Additionally, if you have been exposed to a dangerous disease, your vaccine will be covered, but you may have a copay. For example, if you step on a rusty nail, a tetanus shot will be covered.

All other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

Trained SHINE (Serving **H**ealth **I**nsurance **N**eeds of **E**veryone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

We're on the Web!

www.watertown-ma.gov



COUNCIL ON AGING BOARD

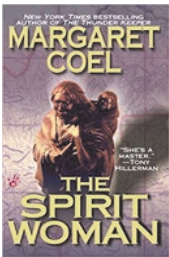
The COA Board will meet next at 5:30 pm, Wednesday, March 9 at the Watertown Senior Center, 31 Marshall St.

THE SENIOR CENTER BOOK CLUB

WHEN: 9:30 a.m. Wednesday, March 16

to discuss *The Spirit Woman* by Margaret Coel. Copies of the book are available at the Watertown Free Public Library. According to legend, Sacajawea—the Native American woman who helped guide the Lewis and Clark expedition through the American wilderness—is buried on the Wind River Reservation. Now, a college professor—and longtime friend of Arapaho attorney Vicky Holden—has disappeared while seeking the truth behind the legend.

Vicky and Father John O'Malley soon discover that her missing friend is linked to another female historian who also vanished on the reservation—while researching Sacajawea twenty years ago. The answer to the mystery of the missing scholars may lie in the pages of Sacajawea's hidden memoirs—and with a culprit who will do anything to ensure they're never found...



MEDICAL UPDATE

Medical screenings listed below are all held on Thursday mornings



March 10 - Hearing Screening with hearing specialist Steve Bennett from Miracle Ear. Already have a hearing aid - he will clean them for you and replace the batteries at no charge. Call the Senior Center at 617-972-6490 for an appointment.

March 17 - Podiatry Clinic - at 11:00 a.m. Toenails, corns, callus care only. **The cost for this service is \$25.00 payable to Dr. Alper.** Insurance is not accepted.

March 24 - Blood Pressure by Linda Micklay, R.N. From CareGroup Home Care in order of sign-in **starting at 9:30 a.m.** There is no charge for this service but donations to the Senior Center are appreciated.

IRS: PHONE SCAMS SERIOUS THREAT

"Taxpayers across the nation face a deluge of these aggressive phone scams," IRS Commissioner John Koskinen said. "Don't be fooled by callers pretending to be from the IRS in an attempt to steal your money. We continue to say if you are surprised to be hearing from us, then you're not hearing from us."

Last month, the Treasury Inspector General for Tax Administration said it has received reports of about 900,000 scammer contacts since October 2013, with more than 5,000 victims collectively paying over \$26.5 million.




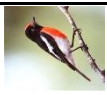


With tax season under way, the IRS and police departments across the state are again warning people to hang up on anyone claiming they're from the agency and demanding immediate payment.

Many phone scams use threats to intimidate and bully a victim into paying. They demand that the victim pay a bogus tax bill. They may even threaten to arrest, deport or revoke the license of their victim if they don't get the money.

Scammers make unsolicited calls claiming to be IRS officials. They con the victim into sending cash, usually through a prepaid debit card or wire transfer. They may also leave "urgent" callback requests through phone "robo-calls," or via a phishing email. The agency recommends anyone who is contacted by phone scammers to fill out an "IRS impersonation scam" form on tigta.gov or call Treasury officials at 800-366-4484.



MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INCOME TAX PREPARATION CALL 617-972-6490 FOR AN APPOINTMENT Don't forget to change your clocks and fire alarm batteries March 13th	COA SHOPPING BUS SENIOR CENTER 9:30 NO Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 NO Line Dancing 12:30 Cribbage	SENIOR CENTER 2 10:00 Lecture: David Robinson Home Care Options Pre-register 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 3  10:00 Yoga Class 11:00 Games 1:00 Movie: The Intern	COA SHOPPING BUS SENIOR CENTER 4 10:00 Bingo 10:40 Exercise Class 12:30 Tai Chi
SENIOR CENTER 7 9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS SENIOR CENTER 8 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 11:30 <i>Painting with Dawn</i> (Reg) 12:30 Cribbage	COA SHOPPING BUS SENIOR CENTER 9 11:00 Exercise Class 12:30 Whist 5:30 COA Board mtg	SENIOR CENTER 10 9:30 Hearing Screen (by appt) 10:00 Yoga Class 11:00 Games 1:00 Movie: Glen Campbell: I'll Be Me	COA SHOPPING BUS SENIOR CENTER 11  10:00 Bingo 10:40 Exercise Class 12:30 Tai Chi
SENIOR CENTER 14 9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS SENIOR CENTER 15 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 16 9:30 Book Club 10:00 <i>Concert: Tom O'Connell</i> <i>Pre-registration Required</i> 11:00 Exercise Class 12:30 Whist 1:00 Knitting	SENIOR CENTER 17  10:00 Yoga Class 11:00 Podiatry Clinic 11:00 Games 1:00 Movie: A Shine Of Rainbows Happy St. Patrick's Day	COA SHOPPING BUS SENIOR CENTER 18 10:00 Bingo 10 – 12 Legal Aid (by appt) 10:40 Exercise Class 12:30 <i>Mellowtones</i> 12:30 Tai Chi
SENIOR CENTER 21 9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS SENIOR CENTER 22 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	COA SHOPPING BUS SENIOR CENTER 23 10:00 Ernie Berardinelli Flower Design – <i>Preregister</i> 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 24 9:30 Blood Pressure 10:00 Yoga Class 11:00 Games 1:00 Movie: Bridge of Spies	COA SHOPPING BUS SENIOR CENTER 25 10:40 Exercise Class Classes @ 1:00
SENIOR CENTER 28  9:30 Art Class 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS SENIOR CENTER 29 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 30  11:00 Exercise Class 12:30 Whist	SENIOR CENTER 31 10:00 Yoga Class 11:00 Games 1:00 Movie: Spies Like Us	 <i>April 21 Foxwoods – sign up early to insure trip runs.</i>

INCOME TAX PREPARATION ASSISTANCE AVAILABLE

Income tax preparation will be available at the Senior Center *for seniors 60 and older*. Volunteers, trained at an IRS certified program sponsored by AARP, will provide tax assistance *by appointment*.

*The volunteers **are not able** to prepare returns that include income from **rental property, trusts, partnerships, or businesses**. These returns should be handled by a professional tax preparer.*

Complex returns will be referred to private tax preparers.

While there is no fee for this service, donations to the Senior Center are gratefully accepted.

Appointments are on Monday, Wednesday, and Friday afternoons.

Call the Senior Center at 617-972-6490 to make an appointment.

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SENIOR CENTER
31 MARSHALL ST.
WATERTOWN, MA 02472

